



*Trisha Fowler*

*Life Coach and Spiritual Guide*

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Welcome! Thank you for reaching out to me! Life comes at us fast and there are a vast variety of life events, transitions and changes we have to face. I am so honored to share information about coaching with you, as you face these challenges and adventures! As a coach, it is my mission to help you, as an individual; find your highest calling and live a fulfilling and rewarding life. I will put forth every effort to help you find peace and healing, enabling you to create your successful future, while I demonstrate compassion and empathy in regards to your concerns. Your concerns are my concerns. Together, we will bring out the best in your life! We will create wholeness, peace, joy and fulfillment in your life, as we work to embrace your future and make it shine!

### **As your coach-**

I agree to serve as your coach, in which I will help you identify and achieve your personal and professional goals, regardless of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status.

I will put forth every effort to help you find peace and healing, enabling you to create your successful future, while I demonstrate compassion and empathy in regards to your concerns. I will be attentive and understanding. I will believe in you and your ability to be successful. I will treat you with dignity and respect.

As your coach, you can expect me to give you homework assignments, challenge you, congratulate you and acknowledge your wins.

I cannot guarantee outcomes and results. You will be able to create results by demonstrating courage and determination to bring about positive actions in your life.

The scope of my practice is Life Coaching and Spiritual Coaching, Transpersonal Hypnotherapy, Hypnotherapy, and Aromatherapy, Holistic Practitioner. I am not a psychotherapist or physician. You must continue to work with your Primary Care Physician or other appropriate medical professionals in accordance to your particular needs. However, if you feel my knowledge of current medical issues would be of help to serving you, you may request my cooperation with your medical team of professionals.

I will continue my education and training, as to be able to serve you to the best of my abilities, always maintaining a high level of competence and knowledge.

I guarantee your confidentiality to the fullest extent of the law and personal ethics, in this sacred relationship.

Our safety, confidence and well-being is of the most importance to me. Therefor we will both demonstrate respect of personal space and conversation within the appointment to be kept confidential. This means I cannot and will not share any of your information or notes about your sessions with anyone without your permission.

*Trisha Renee Fowler*